

# MONDAY REPORT

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SHELTON STATE COMMUNITY COLLEGE  
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## SHELTON STUDENTS NAMED TO WHO'S WHO AMONG STUDENTS IN AMERICAN JUNIOR COLLEGES

Thirty-nine students from Shelton State Community College have been named to the 1991 edition of Who's Who Among Students in American Junior Colleges. Student selection was based on academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

Students listed in the directory were selected from more than 1,400 institutions of higher learning in all 50 states, the district of Columbia and several foreign nations.

Students from Shelton State Community College named this year include:

Ms. Bridget Leigh Ammons, Ms. Pauline Valerie Boler, Mr. Robert E. Boler, Mr. Timothy J. Duncan, Mr. Michael Edison, Ms. Daphne Laine Elam, Ms. Jessica L. Fields, Ms. Jennifer Rachel Fuerst, Ms. Tera Roseanne Herring, Mr. Bruce L. Higgingbotham, Ms. Taffy Susanne Hinkle, Ms. Carolyn F. Hunt, Ms. Vicki S. Johnston, Ms. Martha C. Jones, Ms. Annette G. Jones, Ms. Susan I. Kinard, Ms. Donna L. Kitchen, Ms. Sonya Denise Lewis, Ms. Long-Shing Mai, Ms. Sarah N. McGee, Ms. Patricia M. Moore, Ms. Tammy M. Nevin, Ms. Karen Rye Nichols, Ms. Sandra W. Parrish, Ms. Jean Jackson Perry, Mr. Page S. Piland, Ms. Joni C. Price, Ms. Jacqueline R. Price, Ms. Natalie E. Rickman, Ms. Edna R. Roberts, Mr. Harry I. Scarborough, Ms. Donna J. Stuber, Mr. Brian Keith Sullivan, Ms. Tammy L. Walker, Ms. Angela W. Watson, Ms. Melinda A. Wheeler, Ms. Casandra M. Wilson, Ms. Barbara Cannon Winters.

## SHELTON NOW ACCEPTING APPLICATIONS TO NEW HEALTH CARE PROGRAM

Shelton State Community College is currently accepting applications for the Nursing Assistant Home Health Aide program, a two quarter course of study. The first quarter emphasizes long term health care training and the second, the role of the home health care aide.

Both quarters include classroom instruction as well as laboratory and clinical experiences on various local health care facilities. Upon completion of the program, students will be eligible to take the exam to become certified nursing assistants in long term care.

"For many years, Shelton State's Licensed Practical Nursing Program has been one of the college's most popular programs. Because of limited space in the program, only a limited number of applicants can be accepted to the LPN program. The new Nursing Assistant/Home Health Aide Program will allow some of these students to enter another growing health care field," said Kim Inman, director of the program.

To enter the program, an applicant must have a high school diploma or GED. For additional information, contact Inman, Fifteenth Street Campus, 391-2446.



## **SHELTON'S WELLNESS DIRECTOR TO ADDRESS NATIONAL CONFERENCE**

Dr. Milady Khoury-Murphy, director of the wellness program at Shelton State Community College, has been invited to address the National Wellness Conference in Evanston, Illinois, April 4-7, 1991.

Only 10 community colleges in the United States will be represented on the program, and Shelton State is the only college chosen from the South. Dr. Khoury-Murphy will discuss how Shelton's program can be used as a model for other community colleges.

"There are four features of Shelton's program that are unique to wellness programs," Khoury Murphy said. "First, we focus on service to the community through the business and industry program. Corporations have found that working with employees to improve their health through wellness programs is the up and coming thing today, really a growing need for business and industry. Studies have shown that with proper diet and exercise employee productivity and performance improves."

"A second unique feature of our program is the training our students in the wellness program receive in the social sciences, health, and management. Our program enables them to leave Shelton State and go out and work in the health and wellness field," Khoury-Murphy said.

A third feature of the program is the large number of senior citizens enrolled in the program at Shelton State," said Khoury-Murphy. "Since the Wellness Center opened in March 1990, over 300 senior citizens have been through our program."

"A total of 1,000 West Alabamians have participated in our programs these past 10 months. This figure does not include the participants in our business and industry program," Khoury-Murphy said.

"The composition of the students in the wellness program is another unique part of our program," she said. "In the Wellness Center, you will find seniors, adults, and traditional-aged college students working side by side."

Courses offered at Shelton's Wellness Center include: non-impact aerobics; cooking classes that follow guidelines established by the Diabetes Association and the American Heart Association; total wellness courses which emphasize basic health issues and concepts; weight training designed to sculpture the body and prevent osteoporosis; basic anatomy and physiology classes; stress management; wellness management.

"We are happy to have been chosen for this honor," Dr. Khoury-Murphy said. "None of this would have been accomplished, however, without the support of the Shelton State Faculty, Staff, and Administration and the encouragement of Our State Board of Education member, Victor Poole."

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## **SHELTON STATE ANNOUNCES WINTER QUARTER MONDAY CONCERT SERIES**

On Monday, January 14, Peggy Thompson and Gary Smoke will present a program at Shelton State Community College on creating and performing musical selections through the use of a computer. This program will kick off the Winter quarter Monday concert series sponsored by the college.

The program will be held at 1 p.m. in the music room on the Skyland Boulevard Campus. Using a computer and MIDI controllable sound equipment to create and perform various types of music, Thompson and Smoke will demonstrate a wide range of music from pop to more advanced electronic. Various pieces of equipment, such as the electronic keyboard, sampler, computer, etc., will be used. Thompson and Smoke will also perform the various types of electronic music.

Other concerts planned for Winter quarter include:

January 28: Amanda Penick and Cheryl Cohen- Flute and piano ensemble

February 4: Musicales-featuring students in applied voice and piano and members of the Brass Ensemble.

February 11: Faculty Voice Recital-Shelton State Faculty

February 18: The Shelton Singers directed by Glinda Blackshear

All Monday concerts are free and open to the public. For more information call 391-2270.